

RESULTS QMA

SATURDAY 12th JANUARY, 2008 S.A.F.**LADIES****60 METRES**

W35	1	R.Zimmerman	10.25
W50	1	N.Brameld	9.96
	2	D.Quinn	10.05
W60	1	H.McDonnell	10.35
	2	L.Hamilton	10.73
W70	1	S.Abrahams	18.74

100 METRES

W35	1	R.Zimmerman	16.57
W50	1	N.Brameld	16.37
	2	D.Quinn	16.54
W60	1	H.McDonnell	16.34
	2	L.Hamilton	17.89
W70	1	S.Abrahams	34.05

200 METRES

W40	1	K.Lakin	31.53
W50	1	N.Brameld	33.69
	2	D.Quinn	36.77
W60	1	H.McDonnell	33.45
	2	L.Hamilton	38.20
W70	1	S.Abrahams	1.28.45

400 METRES

W40	1	K.Lakin	70.52
W45	1	L.Bateson	79.16

1500 METRES

W29	1	A.Nowill	5.56.86
W80	1	L.Thompson	10.21.26

3000 METRES

W40	1	T.Ferguson	13.23.36
W45	1	M.Sheer	11.20.45
	2	L.Bateson	14.40.15
W50	1	A.Ryan	13.02.34

3000m TRACK WALK

W65	1	N.McKinven	21.50.60
W75	1	C.Dauphinnet	21.59.73

2km STEEPLECHASE

W29	1	A.Nowill	9.28.10
W60	1	I.Davey	10.14.25

SPRINT HURDLES

W50	1	D.Quinn	Offic 17.27
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LONG JUMP

W35	1	R.Zimmerman	3.91
W50	1	N.Brameld	3.62
	2	D.Quinn	3.56
W60	1	L.Hamilton	2.93

JAVELIN THROW

W35	1	R.Zimmerman	22.03
W40	1	M.Franklin	13.18
W50	1	D.Quinn	19.04
	2	N.Brameld	16.78
W55	1	K.Rourke	16.79
W60	1	L.Hamilton	17.95
	2	L.Birtwell	15.04
W70	1	H.Doherty	17.81

SHOT PUT

W35	1	R.Zimmerman	6.82
W40	1	J.Brims	7.56
W45	1	L.Bateson	7.17
W55	1	K.Rourke	6.32
W60	1	L.Birtwell	6.94
W65	1	H.Searle	10.20
W70	1	H.Doherty	6.23

HAMMER THROW

W60	1	L.Birtwell	20.89
W65	1	H.Searle	35.85
W70	1	H.Doherty	17.39

MEN**60 METRES**

M30	1	T.Venema	7.62
M35	1	M.DePasquale	8.68
M40	1	D.Chique	8.06
M45	1	W.Nock	7.98
	2	I.McLean	8.36
	3	C.McInnes	8.93
	4	B.Valentine	9.51
M50	1	H.Bristow	8.19

	2	J.Begley	8.31
	3	G.Bramley	8.87
M55	1	R.Reisenleiter	8.28
	2	J.Boyd	8.65
	3	V.Jermacans	8.72
	4	R.White	8.86
M60	1	J.Wight	8.47
	2	H.Giles	9.53
	3	A.McGill	10.82
M65	1	A.Lakin	10.03
	2	J.Cooper	10.13
M70	1	H.Coogan	9.09
	2	K.Daniels	9.30
	3	N.Garvey	9.68
	4	B.Smith	10.86
M80	1	M.Dauphinnet	11.18

100 METRES

M30	1	T.Venema	12.01
M35	1	J.Lees	12.87
	2	M.DePasquale	14.30
M40	1	D.Chique	12.75
M45	1	W.Nock	12.53
	2	B.Valentine	15.69
	3	C.McInnes	16.11
M50	1	H.Bristow	12.84
	2	J.Begley	13.23
	3	G.Bramley	14.04
M55	1	R.Reisenleiter	13.13
	2	R.White	13.53
	3	V.Jermacans	13.61
	4	J.Boyd	13.67
	5	P.Chaplain	15.86
M60	1	J.Wight	13.75
	2	A.McGill	16.93
M65	1	J.Cooper	15.00
	2	S.Herft	15.35
	3	A.Lakin	15.91
M70	1	H.Coogan	14.48
	2	K.Daniels	15.01
	3	N.Garvey	15.85
M80	1	M.Dauphinnet	18.53

200 METRES

M30	1	T.Venema	24.33
M35	1	J.Lees	25.73
	2	S.Mathews	26.66
M40	1	D.Chique	25.56
	2	R.Gibson	29.75
M45	1	W.Nock	25.03
M50	1	J.Begley	26.58
	2	G.Bramley	28.35
M55	1	R.Reisenleiter	27.31
	2	T.Dauphinnet	27.73
	3	J.Boyd	29.18
	4	P.Chaplain	31.88
M60	1	H.Giles	32.29
	2	A.McGill	37.40
M65	1	J.Cooper	30.34
M70	1	H.Coogan	29.25
	2	K.Daniels	30.96
	3	N.Garvey	32.39
M80	1	M.Dauphinnet	42.37

400 METRES

M30	1	T.Venema	59.02
M35	1	S.Mathews	59.21
M40	1	D.Chique	58.62
	2	R.Gibson	63.63
M50	1	N.Manefield	61.17
	2	G.Bramley	66.22
M55	1	B.Grayson	62.52
	2	V.Jermacans	67.04
	3	P.Chaplain	78.39
	4	J.Boyd	1.22.08
M65	1	A.Lakin	75.50
M70	1	H.Coogan	66.12
	2	N.Garvey	75.64
M70	1	B.Smith	1.42.11

1500 METRES

M45	1	D.Sweeney	4.19.05
	2	G.Daly	5.31.51

M55	1	B.Grayson	4.53.98
	2	T.Dauphinnet	5.08.48
M60	1	B.McGaffin	6.21.88
M70	1	C.McLeod	5.50.69

3000 METRES

M30	1	B.Whelan	10.15.52
M45	1	G.Daly	11.27.51
	2	K.Christison	13.06.05
M50	1	I.Kent	10.37.18
	2	P.Circosta	14.41.78
M60	1	J.Sheer	11.29.42
	2	E.Ryhanen	12.40.08
M70	1	C.McLeod	12.13.17
M80	1	R.Grigg	

3000m TRACK WALK

M40	1	I.Jimenez	13.58.58
M50	1	P.Bennett	14.41.77
M75	1	R.Lynch	20.43.50

2km STEEPLECHASE

M70	1	C.McLeod	9.12.89
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SPRINT HURDLES

M55	1	M.Lafferty	Disc 22.99
M70	1	B.Smith	Disc 19.33

LONG JUMP

M45	1	C.McInnes	3.90
M55	1	R.White	4.86
	2	V.Jermacans	4.42
M65	1	S.Herft	4.24
M70	1	K.Daniels	4.15
	2	B.Smith	3.42

HIGH JUMP

M35	1	R.Franke	1.58
M80	1	R.Grigg	0.90

JAVELIN THROW

M35	1	R.Franke	38.55
	2	M.DePasquale	19.54
M45	1	V.DiDato	29.39
M50	1	A.Haralampou	33.08
M55	1	M.Lafferty	24.30
	2	J.Boyd	22.32
M65	1	G.Quarterman	36.21
	2	S.Herft	33.88
M70	1	E.Saarinen	38.66
	2	K.Daniels	32.83
	3	A.Ropelin	22.04
	4	B.Smith	17.03
M80	1	M.Dauphinnet	19.75
	2	R.Grigg	11.40
M85	1	T.Vickers	13.25

SHOT PUT

M35	1	R.Franke	10.17
M50	1	A.Haralampou	10.17
M55	1	M.Lafferty	7.38
M60	1	D.Quinn	11.20
M65	1	G.Quarterman	8.72
M70	1	A.Ropelin	10.17
	2	E.Saarinen	10.09
	3	B.Smith	6.61
M85	1	T.Vickers	5.71

HAMMER THROW

M50	1	A.Haralampou	24.45
M55	1	M.Lafferty	31.66
M60	1	D.Quinn	33.91
M70	1	E.Saarinen	26.18
	2	A.Ropelin	24.44
	3	B.Smith	19.25
M80	1	R.Grigg	18.69
M85	1	T.Vickers	13.28

4 x 100m RELAYS

M30+	W.Nock, T.Venema	
	D.Chique, J.Begley	47.97
M55	J.Boyd, R.Reisenleiter	
	V.Jermacans, R.White	52.50
Mxd+	P.Chaplain, H.McDonnell,	
	L.Hamilton, G.Bramley	60.78
M70+	K.Daniels, H.Coogan,	
	N.Garvey, M.Dauphinnet	62.20

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